


NOVEMBER 2019



BIC and Grab & Go Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Harvest of the Month SQUASH | | | | 1 |
| <p>Winter squash are loaded with vitamins A and C and provide about the same amount of potassium as bananas! There are over 15 different types of nutritious winter squash!</p> | | | |  Breakfast Chef's Choice Lunch Galaxy Cheese Pizza Roasted Butternut Squash |
| 4 | 5 | 6 Washington Wednesday | 7 | 8 |
| Breakfast Breakfast Pizza Bagel Lunch Orange Chicken Brown Rice or Cheese Quesadilla With Salsa | Breakfast Sunflower Seeds & Cereal Bar Lunch Bean & Cheese Burrito or Beef Burrito Fresh Black Bean & Corn Salsa | Breakfast Yogurt & Granola Lunch Popcorn Chicken or Lasagna Roll-Up Either with Garlic Toast | Breakfast Breakfast Bar & String Cheese Lunch School's Best Pizza or Mini Cheeseburger Slider | Breakfast Chef's Choice Lunch Corndog or Veggie Sliders Emoji Fries |
| 11 | 12 | 13 Washington Wednesday | 14 | 15 |
| No School | Breakfast Mini Strawberry Cream Cheese Bagels Breakfast for Lunch Chicken Drumstick & Waffles or Waffle and Cheese Omelet Strawberry cup | Breakfast Egg & Cheese Sandwich Lunch Chicken Patty Sandwich or Mini Cheese Ravioli & Roll | Breakfast String Cheese & Cereal Bar Lunch Chicken Butternut Squash Curry Stew with Rice or French Bread Pizza | Breakfast Chef's Choice Lunch Hamburger or Veggie Burger & Potato Wedges |
| 18 | 19 | 20 Washington Wednesday | 21 | 22 |
| Breakfast Buttermilk Bar Lunch Sweet & Sour Chicken Brown Rice or Cheese Breadsticks & Marinara Sauce | Breakfast Yogurt & Granola Lunch Beef Soft Taco or Bean & Cheese Tostada With Shredded Lettuce | Breakfast Cinnamon French Toast Lunch BBQ Rib Patty Sandwich or Cheese Pizza Quesadilla | Breakfast Pumpkin Bread Lunch Turkey Gravy Mashed Potatoes Whole Grain Roll & Cranberry Sauce or Yogurt Meal | Breakfast Chef's Choice Lunch Chef's Choice |
| 25 No School K-5 | 26 No School K-5 | 27 No School K-12 | 28 Thanksgiving | 29 |

— **Conferences** —



**Happy
Thanksgiving!**



BREAKFAST: Served every morning before school with fruit, 100% juice and milk.

LUNCH: Salads, fresh fruit & vegetables & milk offered daily with lunch.

A vegetarian choice is offered daily. No pork is served at elementary schools.

Washington Wednesday is our way of highlighting delicious local foods. We are proud to serve local dairy, whole grains, beans, fruits & vegetables.

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.

This institution is an equal opportunity provider. Updated 10/15/19

